491 II. Reg. No. 1860 No. 12

GOOD HEALTH & DENTAL WELFARE

LOOKING IN THE MIRROR

Teeth Mirrors Health &

Diseases of Body and teeth.

See teeth clean & free from Errors.

:o:

BY

Dr. H. VENKAT RAU, L. M. & S.,
Physician & Dental Surgeon,
Sometime Dental Surgeon, General Hospital, Madras.

:o:

EDITORIAL & PUBLISHING HOUSE.
250, China Bazaar Road, G. T., Madras.

Annual Re. 1-8. Single Copy As. 2

24 JAN

DIET AND DISEASES

Wrong Foods & Feeding are the causes primarily of affections of Teeth and mouth organs.

Mouth Breathing & Consequences-Adenoids and under developed chest and Lung complaints.

Jaw & Facial Deformities due to Bottle feeding and want of Exercise of jaw bones.

How mouth & Throat affections infect foods and whole body.

Case of Delayed Dentition of upper central Incisors—a child of 8 years due to want of "stimulation" by proper jaw exercise.

Protruding Upper Teeth found mostly among **Bottlefed Female** children who fall prey to **Tooth** Defects and Deformities, Eye, Throat and Ear troubles aggravated by School Education.

Habitual Type of a Mouth-Breather affected with Adenoids.

GOOD HEALTH AND DENTAL WELFARE.

A monthly Journal in English for the "Care" of Body & Teeth
Edited by Dr. H. VENKAT RAO, L. M. & S.,
DENTAL SURGEON, MADRAS.

Vol. II. | DECEMBER 1926. | No. 12

Health Week—A Festival?

Health week is being considered and observed as a *festival* by the authorities and the spectators. Lest its usefulness be negatived we pointed out this fact thus in our issue last February.

It must nevertheless be confessed, that a Health Week Demonstration is costly though spectacular, is instructive, though of doubtful utility, the organisers being perhaps, even now unaware of the extensiveness of our subjects and the shortness of our time; the crowding of things truly useful with the thoroughly useless and out of place; and the utter impossibility of explaining to an unmanageable crowd consisting of the really interested and of the merry-maker and mischief—monger. But we need not be pessimists on that account, as there can be no two opinions about the vital necessity of the Health Week Propaganda to the people and its opportuneness at the present day. But our present methods have certainly to be modified and improved if the Health instruction is to be more effective. For one thing, the Health Week should cease to limit itself to an annual festival ; from a week, it should expand itself into a continued and persistent Propaganda. The demonstration and propaganda should be carried on by different organizations at different places in a city, town or hamlet in a smaller but more effective scale, lest people should be lost in an ocean of demonstrating materials. Our schools and colleges are the best places for such useful work, as the instruction and demonstration given to students will have more lasting effect and will perhaps influence even the parent. The subject treated must refer to local conditions concerning Health and Disease. The teacher himself must, by precept and by example, impress

upon the mind of his wards, the necessity of health and hygienic rules and the value of preventive measures. And by the constant and regular reference to Periodicals, journals and pamphlets relating to the **Health and Welfare** of *brain, body and teeth*, he will enhance the value of his teaching and achieve lasting result.

We are however pained to see that the authors of this *Health week*, Demonstrations, having imbibed the western materialistic culture believe little honestly in Religion or Religious ideas of Health, are bringing religion-Hindu religion-into dispute by comparing religious rites to Health Week Demonstrations. To quote scripture or to say or paint God Yama as a disease riding the rat etc. is nothing but blasphemy. God Yama symbolises only the judge who is supposed to mete out justice to the sinner who has sown the seed by his actions and is expected to reap the right fruit at the right time. It is really disgusting to see that these highly paid sanitarians who are paid out of the tax collected by Hindu Votaries or Hindu temples have come openly in daily newspapers and are doing havoc to the Hindu Religion which is already in its death troes by the western Education and culture as well as by legislative acts as the Hindu Religious Endowment Bill.

To us city dwellers and so called Educated classes who have been weaned from the essential Health Practices of the ancient Hindu civilization. Health week has become a necessity—an atonement for the sins of ommission and commission. But towards an improvement of the *positive* Health of the nation the following factors must be gratefully recognised.

1. Sanitary, Hygienic, Health and medical officers must change their angle of vision from the drain, bad smell and drugs to the Preventive side of medicine.

2. The co-operation of Religious teachers, clergymen, family doctors and dentists, as well as school teachers have to be sought and their confidence gained.

3. Health Propaganda must first be directed against every man, woman or child, who run directly or indirectly furthering or organising themselves towards Health viz. Boy Scouts, Girl Guides, Social Leagues, Mother and Baby Societies, Temperance Societies, etc., and thus not only gain ground, inch by inch, but also hope to conquer the whole organism with their active help and co-operation.

4. Hence Health week Demonstrations have to be considered a week of fasting, praying and repenting and the moral must be quietly and effectivelybrought home to the Health organisers and the needy school children and teachers who are primarily responsible for the ill—health and suffering of the educated community.

தமிழ்நாடு ஆவணக் காப்பக நூலகம்
19745

Diet and Disease in Madras.

A Modal Lantern Lecture for the Health Week.

The lecture must be addressed in Vernaculars to an audience, of students, teachers and parents by a doctor who must have some initiation in the latest knowledge of **Preventive Medicine and Preventive Dentistry.** The lecturer can begin by saying that the latest theory of diseases is that diseases are due to wrong foods and wrong feeding. If babies are fed at the mother's breast and the children and the adults ate good nourishing foods at proper time and longer intervals and avoided sweets, coffee, tea and kept their body and teeth clean by proper brushing and scrubbing, the present generation might have avoided several diseases especially tooth troubles. The lecturer can show several slides showing the Facial and jaw and Teeth deformities (See Frontis piece) that are commonly met with among children of the educated classes due to bottle feeding and mouth breathing viz. Protrusion of upper teeth, or lower teeth, the Adenoids face with undevealoped chest etc. The carious teeth to be shown how the fermenting and sweet bottled foods attack and corrode teeth. A few slides on Pyororhoea Alveolanis can be shown and its cause, effect and prevention by keeping the teeth clean to be gone through in detail.

The lecturer must impress the importance of pure water and free and pure air along with food for the upkeep of Health and energy of school going, population, lay stress on the necessity of allowing children even at school hours to spend their time in study or recreation mostly in outside free air or under trees in gardens or verandahs. The habit of taking coffee, tea and sweety and sticking foods as biscuits, lozenges and pepperment, is, it must be understood the prime cause why children have weak carious teeth and hence fail to masticate of their food efficiencently.

In fine the lecturer must impress the necessity of taking hand pounded rice, wholemeal bread, plenty of fruits, vegetables, and of eating as frequently as possible and finishing meal with tooth cleaning foods as butter milk as well as properly brushing teeth with a harmless Tooth Powder and also avoiding as far as possible drugs, Tonics and Tooth pastes.

Dentistry in Ancient India.

Ancient India well knew and practised the tenents of modern Hygiene-rural, oral or even social. With few but efficient physicians, who by precept and example inculcated the ideas and ideals of *Ayurveda* (literally Longevity) and who were remunerated not by the amount of the diseases the family suffered from, Ancient India needed little of the present day Health Propaganda much less the costly and ineffective *Health Week Demonstrations.* The Health enactments were part and

parcel of one's religious convictions and considerations, with the effective moral fear of divine wrath and hence they needed little or none of the ineffective legislative enactments, much needed by the highly costly but quite defunent Health Departments. It is the religious neutrally of the present day Government that saved the situation becoming almost hopeless but thanks to the influence of the present day rapidly spreading education and the blind reforms, religious and god fearing laws are being given a ready burial. Hence in their utter despondency, enactments, cinemas and Fairs and Festivals are resorted to,to make the matter worse still.

Those who have eyes to see or ears to hear can understand the physiognony of the Indian nation even in its religious death throes. Even in cities like Madras, Hindus, fast religiously and travel distances by foot or conveyances and do homage to deities weekly "fortnightly or monthly. It is still Mahatmas" or religious teachers that carry the day. Mahatma Gandhi is held in respect and obeyed not due so much to his English Education but for his sincerity and fear of God. It will be a great boon to the present day Indians if Mahatma Gandhi actively took to the question of Life and Death more, enthusiastically than to political redemption of the Nation,

"The Guide to Health" written by Mahatma Gandhi is a great asset of this political seer as useful as any of his "guides" to "Swaraj" or South African questions. He is showing by practice and example the very essential factors to preserve health and to prolong life to the modern educated Indians. Unlike most Health or Medical Books, he devotes considerable space and importance to Dental and Digestive question. "Only that man can be said to be really healthy, who has a strong mind in a sound body" says Mahatma Gandhi in his book and concludes: "That man alone is perfectly healthy whose *body* is well formed, *whose teeth* (are ours) as well as eyes and ears are in good condition......... whose mouth is also free from bad smell" etc., etc.

Prof. Rama Charka who is not only a great theoritical enthusiast but also a practical observer of facts. In the midst of the strongest current of western civilization, he lived and saw the great importance of the ancient Indian civilization and oral Hygiene; and several years before the advent of the modern Dentistry—Preventive or curative and Bio-chemistry, wrote in his book on "Guide to Health" two chapters on Teeth and Mouth, though we find little or nothing is mentioned,about these important digestive organs in all books of Western Physiology or Medicine, except perhaps a chapter or two on the discription of minute structure of these but little of the Physiological or bio-chemical use of them. It is however strange that even now the profession or authorities find no opportunity improve matters and put this great defect of the Western Medicine rectified and give to Dentist and Dentistry the right place in the correction of human ailments.

The problem of present day India is not that we want more half qualified and inconsiderate Doctors

and Dentists, but few but quite fit persons who can, by moral and other considerations, will try to correct the errors of the fallen Indian Nation—of course a cry in the wilderness!

Under the caption "Human Laboratory" Prof. Rama Charaka writes thus :—

The first bit of the human machinery of digestion to be considered by us are the teeth. Nature has provided us with teeth to bite our food and grind it into fine bits, thus rendering it of convenient size and consistency to be easily acted upon by the saliva and the digestive juices of the stomach, after which it is reduced to a liquid form so that its nourishing qualities may be easily assimilated and absorbed by the body. This seems to be merely a repetition of an oftold tale, but how many of our readers act as if they knew for what purpose their teeth are given them! They bolt their food as if teeth were merely for show, and generally act as if nature had provided them with a gizzard, by the aid of which they could like the fowl grind up and break into small bits the food they had bolted. Remember, friends, that your teeth were given you for a purpose and also consider the fact that if Nature had intended you to bolt your food she would have provided you with a gizzard instead of a tooth. We will have much to say about the proper use of teeth; as we go along, as it has a very clear connection with a vital principle of Health, as you will see after a while.

Nature's shrewdness in combining several duties into one and also in rendering necessary duties pleasant and thereby likely to be performed is illustrated in numberless ways. One of the most striking examples of this kind will be brought out in this chapter. We will see how she manages to accomplish, several things at the same time and how she also renders pleasant several most necessary offices of the physical system.

Let us start with the Yogi theory of the absorption of Prana from food. This theory tolds that there is retained in the food of man and the lower animals a certain form of prana which is absolutely necessary for man's maintenance of strength and energy and that such form of prana is absorbed from the food by the nerves of the tongue, mouth and teeth. The act of mastication liberates this prana by separating the particles into minute bits, thus exposing as many atoms of prana to the tongue, mouth and teeth as possible. Each atom of food contains numerous electrams of food prana or food energy, which electram are liberated by the breaking up process of mastication and the chemical action of certain subtle chemical constituents of the saliva the presence of which have not been suspected by the modern scientists and which are not discermble by the tests of modern chemistry although future investigators will scientifically prove their existence. Once liberated from the food, this food prana flies to the nerves of the tongue, mouth and teeth, passing through the flesh and bone readily and is rapidly conveyed to numerous storage houses of the nervous system, from whence it is conveyed to numerous storage house of

the nervous system, from whence it is conveyed to all parts of the body, where it is used to furnish energy and vitality to the cells. This is a bare statement of the theory, the details of which we will endeavour to fill in as we proceed. Now let us consider Nature's plan in combining two important offices in the act of masticating and insalivating. In the first place nature intended every patch of food to be thoroughly masticated and insalivated before it was swallowed and any neglect in this respect is sure to be followed by imperfect digestion. Thorough mastication is a natural habit of man which has been neglected owing to the demand of artificical habits of living which have grown up around our civilization. Mastication is necessary to break the food that it may be more easily swallowed and that it may be mixed with the saliva and the digestive juices of the stomach and small intenstines. It promotes the flow of saliva which is a most necessary part of the process of digestion. Insalivation of food is part of the digestive process and certain work is due by the saliva which cannot be performed by the other digestive juices. Physiologists teach most possitively that thorough mastication and insalivation are pre-requisites of a normal digestion and form a most necessary part of the process. One particular authority Mr. Horace Flecher advises a particular form of mastication which corresponds very closely to the yogi system, although he advises it because of its wonderful effect upon the digestive, whereas the yogis practice a similar system upon the theory of the absorption of food prana. The truth is both the results are accomplished, it being part of nature's strategy that the grinding of food into small bits, the digestive process attending the insalivation and the absorption of prana, are accomplished at the same time.

Social Hygiene.

With the advent and advance of western ideas of thinking and living, celibacy has become nominal; the presence of unmarried grown up girls in Boy's schools and colleges common ; the democratic ideas and independency phychology, general ; the partaking of foods and drinks which stimulate genital organs and induce frequency of sensuality and degenerate sex habits universal ; social hygiene an exception and prostitution and venereal diseases-the ignoble repression in default of ennobling control- the rule of the day. Plain living and high thinking have been replaced by high living and low ideas of thinking. Man's (and woman's too) ambition and desire are often so strong that health becomes a secondary consideration. The present educational facilities and goal reduces the average student almost a physical wreck when he attains adolescene and other factors including the "cine" world will have soon appetised social sentinment dullening health conscience and weakening "resting" instinct

and so the Educated classes lives a half-dead life thenceforward.

Of all God's creatures, man is the only organism that rots and lives. The lower animals will always have a high standard of health or will be removed off before any marked deterioration has set in. Sexual emotion is the monopoly of mankind especially "civilized" people. In lower animals, it is conspicuous by its rarity and a conceived animal will flatty refsue further conjugal relationship. Most of the animals and birds are loyally monogamous. Nature however punishes man for his muddling.

The Vedas admonish man to copy Nature and the lower animals with regard to courtship and marriages and lay down rules that sexual instinct should be seasonably limited and that the improvement and the furtherence of the human breed is the fundamental object of human marriages. The heriditary endowment should be sacredly kept and the breed improved and seed betterd the through environmental nurture. The good seed hence requires good soil *i. e.* an improvement in the positive health of the nation.

Health.

It is only by health, healthy-mindedness, one can control his passions be wiser, and rebel against ignoble acquiescences, artificial birth control, segregation and sterilisation, respect the moral, mental and social consideration of the whole body-politic–the Nation, nay Nations and the world.

Disease.

A disease is a deterorative and desintegrative disturbance of the vital process. "No doubt it is true that much maladjustment springs from abnormal sex relationships, but it is no less true that abnormal sex relationships may arise out of mental maladjustments". Hence the latter fact must also be brought home to all in making human society at once more healthy and more efficient.

The influence of Modern Education.

The home education has an important bearing on the future health and welfare of the child. A vicious, immoral quarrelsense or indisciplined parents will have moulded and harmed the character of the very young.

Education departments and school medical Inspectors, if any, are however responsible for the moulding of health and character of the student world. Those whose emotions are too unstable and whose instinct are too strong and uncontrolled become a standing danger to student society. Many a boy or girl of this type, passing at the age of 16 or 18 from the immediate supervision of parents and of teachers drifts gradually into some temporary misconduct and may find a way before long to the police court. Some contend that nearly every young delinquent is a criminal born. Others declare he is not born but made; and the making of him they usually attribute to the ignorance and bad company of moral turpitudes during that age. Most juvenile delinquents are however the victims at once of their heridity and of their environment. Sex instinct is one of the most perilous and perplexing problem in the present stage of civilization. Owing

to the innumerable troubles that follow in its wake, it is beyond doubt, one of the most disturbing features of juvenile life. Children are brought up in such a way that they are a little more aggressive in their actions, and more precociously informed in their knowledge than the children of ancient India;for the rest, they get enough material in novels, cinemas, Dramas, the Nautch parties and *Kalakshepams.*

Though the youth has hitherto led an unblemished life, the strain and stress of puberty, joined with the sudden change from strict supervision at home and at school or college to the freedom and independence of this mechanical age, suddenly turn many with the best of records into a temporary misconduct which will cost him health and happiness for life.

Again many of the amorous adventures of the youth or girl, in so called westernised societies, as an innocent piece of sport or affection, may suddenly create a physiological disturbance and so kindle a more sensual instinct.

Prostitution.

Prostitution is practised generally due to an error of judgment or general innate mental conditions. The girl is unable to get or to keep a satisfactory job, and at the same time her judgment is too obsuse or too erratic for her to hold clearly in mind the danger and the degradation of a dissolute life. In many instances home environment-ill-treatment, want weak or too severe or injidicious of discipline-forms another predisposing factor.

But all prostitutes are influenced by the tastes and inclinations which the normal earmings of a person with their intelligence could never hope to satisfy-a love of drink, jewels, dress, or self display, of extravagance and luxury, and of all the varied excitements that life in high circles can afford. She is however excessively emotional. She seems, when her brazen mask is broken through and she shows herself for what she is, a gay, wilful, self-indulgent creature, singularly restless and strangely inconsistent, vain, yet hopelessly untidy and careless, curceited yet devoid of genuine self-respect, full of foolish laughter yet easily depressed, indocent and yet adventurous, quarrelsome and yet easily led.

Prostitution, being a promiscuous offering of sex relation for money or mercenary consideration, contributes little or no psychicalinterest—on the part of the female. Hence promiscuous or unnatural, irregular and unfruitful unions are likely to be far more exhausting and full of danger to lower the resisting power of both. And this fact must be of help in preventing or curing so called General diseases which are due to the specially to the lowering of resistence power of cells of the genito—urinary passage.

It is contended that prostitution is a necessary evil, essential in the interests of monogamy—perhaps that is why prostitute hunters have little or no legitimate issues and an unavoidable consequence of late marriage. Under the condition of modern civilization, however it is the sex instinct which becomes most easily aroused, and which has at the same time to be most constantly and most completely repressed. But unconscious

suppression may on nervous disorders as Neurasthenia or Hysteria. Hence sex emotions have to be safely conducted through legitimate channels—social activities as art, music, poetry, religion, through which an equivalent enjoyment may be obtained instead of simply yielding to a few minutes, animal pleasure. These tendencies must be fully and candidly recognised and their energies must be directed into higher paths instead of trying to deny their existence or to trample them out.

Prevention of Social Mischief.

A chief obstacle to reform is the male aggressiveness. Without male chastity female inchastity must become more frequent. Hence men must raise their standard of conduct and must need spiritual motives for sexual self-control in the communal interest. Religion or spiritual motive is the only best course to self-control and to keep oneself off from the risky path of juvenile life and celibacy. Devotion to God and reading and study of religious books will exercise the mental faculty and nervous system as well as discipline and control the sexual "appetite." Sexual instinct must not be strongly and persistently aroused by looking at immoral cinemas, dramas or by reading sensual books. Nocturnal emissions have their beginnings due to such artificial stimulation but are however physiologically normal and produce no harmful effect upon the individual.

Though not for life, complete continence is essential and possible during childhood and adolescent life. For, modern physiological development has emphasised the necessity of the secretions of the reproductive glands, which, like the internal secretions from other organs and glands of the body, are essential for the proper growth and soundness of brain, body and teeth and also responsible for the secondary sexual characteristics which normally develop at puberty. Marriage however becomes necessary in middle life for the full expression of the sexual instincts for the partner, and of the divine will for the maintenance of the race and hence physiologically and psychologically the healthiest life for the average individual, man or woman. But partial continence in latter life is essential for keeping up health and evading diseases especially tooth troubles. The married couples should check by healthy control but not "repress" their passion, hence the instinctive impulse should not be excessively stimulated by the husband and wife daily sharing beds. The couple while continent, will find extraordinarily fit.

Healthy control is possible in a healthy and sound condition of mind and body which is possible by having recourse to proper foods, by taking in pure air, as well as by efficiently exercising every part and organ of the body. The state of health and mind depend upon the kind of food. The stimulating foods as alcohol, tea, coffee, including meat will have a stimulating effect on genital organs too. Sugars especially artificial substitutes tend to irritate the sexual glands. So also the "pan" chewing, snuffing and smoking. The so called nerve-vigours usually taken by the student world are directly harming the whole nervous mechanism.

The best blood purifier and food for nerves is pure air, to be had in plenty and in pure state on the sea-shore or under leafy trees or around flowering plants especially in the early morning hours. Hence going round and round trees or plants as *Aswatha* or *Tulasi*, one will be taking in plenty of pure oxygen and ozone which are breathed out from leaves and flowers in abundance in the morning hours after their rest at nights. Breathing exercises and *Pranayam* will have accelerated the in-taking of air, since the holding of breath for a time will increase the quantity of Carbonic acid in blood which has a tendency to stimulate the respiratory centre and blood cells to take in and imbibe more volume of pure air.

The natural way of invigorating brain and nervous system is by taking a cold bath in the morning before daybreak—better a dip in a sheet of water or in the sea-followed by brisk rubbing and scrubbing of body and limbs. The orthodox habit of washing or bathing the private parts with cold water after each calls of nature or as often as possible is a great antidote to sex stimulation. The wearing of *lungoti*, the predecessor of suspensory bandage and the practice of sitting with crossed legs and with the heel pressing against the genitals will be a healthy and necessary practice to celibates. And sleeping on bare cot, planks or earth and avoiding luxurious beds, exciting scenes are necessary to soothe the sexual instincts as well as to reap positive health and longevity.

Dental Topics.

Madras Dental Exhibition 1926.

The Dental Welfare Exhibition housed in a separate shall drew large sections of the spectators anxious to hear the "Tale of Tooth" and the cure for the ache. But where fashionable tooth-powders, pastes and tooth ache drops were looked for, the eager visitors were surprised to find that the Dental Welfare Exhibition aimed more at "saving" the tooth of the nation than "drugging" it when it aches. "Begin from the beginning" (care of the pregnant woman), "Breast milk is the birth-right of the baby" (Breast-feeding), "Down with bottled and patented foods" (nursing mothers keeping down the feeding-bottles), "Take care of the teeth (when young) and teeth will take care of body (when old)" (child with tooth-brush), "civilization cause of all ills, brain, body and teeth" (A monster from the west with a bottle of whiskey in his pocket and a cigar in his mouth with "hurry-burry" legs, and bloated stomach, gripping India with his arms of Bottled and Patented foods, Tea, Tobacco, Whiskey and Coffee,

grawing his diseased and decayed teeth) were a few of the numerous "Saving" clauses of preventive Dentistry illustrated on chart and canvas. Besides, diseases like irregularity of teeth, caries and Pyorrhoea Alveolaries, open bites, jaws with permanent and temporary teeth *in situ* were also depicted in plaster models with suitable cardboard faces to match. Samples of "Good Health and Dental Welfare" journal and several thousands of free pamphlets as "How to fight Pyorrhoea Alveolaries," "The Health of Children is the Wealth of Nations," "Back to Youth and Health" were distributed among the young and old. And the Lantern lecture on "Medico-Dental Inspection of Schools" completed our quota of "Dental Welfare" Propaganda.

Dental Propaganda.

"We, the Dental Board, have in the interests of the community to try to make that good by a very different sort of appeal, and have to try to appeal also to many clases to whom that sort of appeal did not reach, hence the work which the Dental Board are undertaking in the direction of dental health propaganda. You will understand, I am sure, that this is directed first and foremost and all the time at improving the nation, which means the prevention of ill-health as well as its cure, and I feel sure you won't grumble at that; but there are several directions in which that appeal can be made, and to some extent, is being made. With regard to one class—insured persons-there will soon be, as you know, a great increase in the offer of dental treatment, and we are doing our best by issuing two or three million leaflets through the good offices of the big societies to encourage the persons to whom that treatment is offered to take advantage of it. We have important and national bodies, such as the Women's Institutes, and the Girl Guides and the Red Cros organisations, and the organised part of the nursing profession and the organisations interested in Infant Welfare working pretty actively to bring home to the public the importance of proper care of the teeth. We show, or shall be showing, slides at cinemas at the watering places during the summer months and I hope some of you will get away in order to have the advantage of seeing them. We get lectures given to large audiences of juvenile unemployed persons and in welfare centres. We find a growing demand for our films from medical and educational organisations. We have dental health exhibits available for use at Health Weeks. We are writing a book (which will give our enemies, no doubt, an additional opportunity for attacking us) primarily in order to help teachers; we are preparing posters, and should be very glad of ideas for our posters from any of you who may have bright ideas. All this work seems to offer a prospect of considerable expansion so far as demand and opportunity go, sbut not so much expansion so far

சென்னை 600 008

as our power of taking advantage of the opportunity. It would, however, I think be rather too controversial for me to go further into that. Whether the results of this work that we are trying to undertake have, as one may say, 'come through' or not, I cannot say. Even if they have not, I still think it is good work which you ought to regard with sympathy, and from your own point of view you must console yourselves with the philosophical reflection that if things are not better than they were, they are, at any rate, better than they might be." so said the Rt. Hon. F. D. Acland, Chairman of the Dental Board of the United Kingdom.

OLD HINDU MEDICINE

Hindustan had a glorious civilisation of old. Amongst the many sciences that she gave to the world was also the science of Ayurveda, the old Hindu medicine, which included dentistry in its primitive form. For example, we know that small gold fillings in the labial surface of the upper central incisors were, and still are, in some parts of the country, inserted as a sort of caste-mark. The tying of gold wire ligatures in the shape of the figure 8, for pyorrhetic and shaky teeth, is a very old institution; and even to-day we find some old Hindu dentists resorting to it in preference to extraction. The use of extracts of myrabolam for spongy gums is a very ancient prescription of Ayurvedic medicine and surprisingly efficacious. The use of twigs of trees, which gave an astringent juice, as tooth-brushes is probably as old as the Himalayas. It is used as follows: A twig of neem or acacia is taken and one end is chewed by the person and formed into a tooth-brush. This can be regulated to make a hard or soft brush according to the liking of the person by taking a young twig or comparatively old one. This gives exercise to the jaws and the astringent juices act as a tonic to the gums, and what is most important, the twig is used but once. To my mind, the acacia twig forms an ideal brush, as it acts as a dentifrice, tooth-brush, tongue-scraper and gummasseur combined. I fail to agree with Dr. Pickerill, who, in his very instructive book "Prevention of Dental Caries," considers the Eastern tooth-brush of not much value in mouth hygiene.

The religious injunctions of proper ablutions before prayers, the rinsing of the mouth before and after meals were strictly followed by the bulk of the people. In Mogul times, that is from 14th to the 17th centuries, great impetus was given to arts of all description, including the beautifying of the mouth. It is in that period that we find records of gold and diamond inlays being inserted into the mouth of the ladies of the royal families.

Prevalence of Dental Troubles

Centuries have rolled by: since then we have just opened our eyes after a very long and disastrous slumber to find that the wheels of Fate have ground down India's ancient heritage of dental art. In the meanwhile the advent of modern industrialism with its attendant hurry and bustle has not left the teeth of the people of India unaffected. In our modern cities like Calcutta, Bombay, Madras, etc., we are compelled to adopt

hurried eating and finishing the meal with finger-bowl and serviette, for, alas! economic pressure is a great leveller—it has small mercies for regional peculiarities. It is sometime mistakenly believed that the Indians have got good teeth. According to whatever statistics are available, fully seventy-five per cent. of the population of India suffer from dentral troubles in silence. Mortification of the flesh being an accepted virtue, pain for any cause whatever is not attended to in the early stages by the average Indian. Dental troubles being considered of minor importance, are entirely neglected, and the result is impaired general health and lowered resistance. Such being the case, almost the entire population are on the road to gradual undermining of their health.

Now the question is, what are we doing to combat this deplorable condition of things? In the Occidental countries they are creating complications due to their increasingly complex industrialism and, at the same time, finding out solutions for the various problems thus created. We in the Orient are copying their industrialism, but not paying enough heed to the solution of the complications thus created. As things are at present, free dental clinics for the poor are non-existent in my country. India is a poor country, on the whole. The number of the rich are very small indeed; the majority are so poor that of India's 350 million people as many as 250 million live on one meal a day, and that meal a very poor meal in food value. Westerners cannot conceive of the extent of the poverty of the people of India. Only a very small per cent. of India's population can afford to visit the dentists who are located in bigger cities. For the average Hindu it is easier to have his leg amputated or a stone removed (in a free Hospital) than to have a tooth filled. There are only about 5,000 dentists (95 per cent. of whom are unqualified men) to supply the dental wants of 350 million people.

With the exception of a private dental college in Calcutta, there is not another dental training institution in the whole country, to give dental education to India's children. The Government of the country have not yet thought it worth their while to establish a single Government dental school in such a vast continent, although the matter has been brought to the attention of the British Indian Government many times. There are several up-to-date modern Government medical colleges in the country but not a single Government dental school. That such a condition exists after 150 years of British rule is a sad commentary on the progressive claims of British rule in India.

The Factor of Unbalanced Diet

The question of the prevalence of certain dental diseases according to the dietary habits of certain races is attracting a great deal of interest all over the world. In this field, international co-operation would be of great help to us in arriving at a solution. The diet of the majority of the Hindus consists of lentils, vegetables cooked with condiments and pungent chillies and whole-meal hand-cakes—mostly carbo-hydrates. Mohammedans, Sikhs and a few

other minor sects do eat meat, but they are numerically in a minority. So the diet of the average Hindu is woefully unbalanced, and this we find reflected in the condition of the mouth. About 90 per cent. of the Hindus above twenty-five years of age have pyorrhoea in some stage or other. Dental caries is suprisingly uncommon amongst the people of India; all observers agree that only about 20 per cent. of the Hindus exhibit caries. Dr. H. R. Hunter, writing in the July issue of the *Indian Dental Journal*, says: "For 75 Indian patients seen lately, I stopped only 17 carious teeth, and 14 of these were for one small boy, who was being brought up on semi-European style. He got cakes and biscuits daily. The rest of the work was all prophylactic, much tartar and stain being removed. The millions of the villages hardly hear of chocolates. cakes, and white bread." This seems to put in a nutshell the conclusion of all observers in India.

The Prevalence of Pyorrhoea in India

In the West the cause of an unbalanced diet is different in that they eat too much meat or protein, also too much sugar in the form of chocolates, sweets, biscuits and cakes. The Westerners suffer comparatively more from caries than from Pyorrhoea. While the reverse is the case in India.

We in India are trying to educate our people in the proper balancing of their diets. But our task in India is much harder than yours in the West, because of the fact that orthodox religion plays a greater part in the lives of the people of India than anywhere else, and religion forbids many of them to eat fish, egg, or meat in any form. We have to supply the protein deficiency in the diet of those people by recommending the use of green peas and salads.

The Evil of "pan"chewing

A habit which contributes greatly to the ca usation of Pyorrhoea is known as "Pan" chewing. This consists of betel leaf, a small amount of india-rubber and lime and a few bits of betel-nut. The whole is placed within the leaf and chewed, generally after meals. This becomes a habit similar to smoking and grows until some consume a hundred or more a day. The result is that the habitual "Pan" chewer is constantly stimulating his salivary glands to action when there is nothing in his mouth to act upon. This involves an enormous waste of saliva which is expectorated instead of being utilised to fulfil its natural function as a solvent of starch. The fibres of the leaf and the betel-nut get packed in between the teeth, until gradually the gums recede. The quicklime is swallowed with the remnants of the leaf and betel-nut, and in course of time there is excess of lime in the system, which comes in solution in the saliva and is deposited on the teeth as tartar in large quantities. The blood-stream gets charged with excess of lime, and this is brought to the teeth in the serum as serumnal tartar. "Pan" chewers always have a very large amount of tartar. The salivary tartar form a coating over the teeth and serumnal tartar deposits deeply on the roots of the teeth. How very harmful it is, is difficult to explain, unless one has seen such cases

personally. The colouring matter of the india-rubber stains the whole set of the teeth and tartar an ugly hue. This pernicious habit is prevalent amongst all communities in India and affects practically 90 per cent. of the population.

It is the task of the dentists of India to uproot or at least modify this unaesthetic, harmful and unseemly habit. This is a superhuman task and it goes without saying that it will require generations of mouth-hygiene propaganda even to modify this habit of "Pan" chewing amongst the people of India.

The Effects of Purdah

Purdah—*i. e.*, the seclusion of women, is another factor that the dentist in India has to contend against. The custom of the seclusion of women of the higher classes prevails in all parts of India, save and except Bombay and Madras Presidencies. The disastrous result of this cruel custom is increasingly apparent, particularly in larger cities, where it is more rigid, in that tuberculosis and other infectious diseases are taking an ever-increasing toll from amongst the purdah women. The want of fresh air and proper exercise, on top of early marriage and motherhood, impairs the health of our ladies, and they naturally fall easy victims to any passing disease. Under these circumstances, the condition of their mouths and teeth cannot possibly be exactly ideal, but a great many of them will not see a dentist in India is generally a man; women dentists being very few, not more than half-a-dozen in the whole country at the present moment.

Our problems in India are more complex and difficult than that of any other country. If any reader can help us in solving some of the problems by a free and frank discussion in this journal it would be a great gain in the onward march of dentistry for, after all, the world has come too close together for one nation not to be affected by the blunders and follies, as well as the blessings of new knowledge and invention of any other nation.

Dr. R. Ahmed, D. D. S., in "Oral Topics."

DENTOLENE

An instantaneously efficacious and harmless remedy for all sorts of Tooth-Ache.

Highly apprised and recommended by successful Dentists all over the world.

Directions: 10 to 20 drops in a cup of hot water as hot as can be comfortably borne by the patient to gargle.

May be used to rub the swollen gum or to plug an aching tooth cavity.

Price Annas 8

Sole Agents:—**S.S.P. Dental Pharmacy, G. T., *MADRAS.***

Pyorrhocide Injection

(GUARANTEED)

Safe and sure cure for Soft, Bleeding, Painful, Inflamed Gums.

Report of a few cases Treated.

Mr. B. V. aged 35 years sent by a Medical Practitioner of Mylapore with highly inflamed gums, stinking mouth with temperature ranging from 103° to 104° F, sleeplessness, anorexia and constipation. The patient was at once given an alkaline moving dose, and one C. C. Pyorrhocide Injection. The patient got relief almost instantaneously and had complete rest same night. After 6 more injections in an interval of 3 or 4 days and cleaning of his teeth the patient recovered completely.

Mr. R Chetty, aged 30 years, came from Bellary with pain and swelling round the last tooth and difficulty or impossibility in opening jaws; was being fully drugged with Asperin for days and days together: but no effect: a case of impacted wisdom. Treatment: gum lanced and one Pyorrhocide injection gave him instant relief—jaws becoming automatically easier to open.

A child aged 2 years—sent by Dr. R. Rao advising removal of affected teeth. Child was however advised to have glandular tr t ment and given Pyorrhicide Injection half doses—After 3 injections and filling up one or two carious teeth completely recovered.

Mr. A. R. N. R. aged 45 years bleeding profusely while eating or brushing teeth. Gums extremely tender and highly swollen—Breath horrible. Passing also blood. in stools The patient got better after 2 injections and almost completely recovered after cleaning and scraping teeth, removal of 2 or 3 hopeless teeth and 6 injections.

Mr. R. aged 25 years, poor, clerk, with swollen and painful gums, continued watering of mouth which made him spit out every minute, used to soak his bed with blood streaked saliva at night. He was given 3 ounces of Alba mixture, to start with and a Phyorrhicide Injection. Patient felt better and slept the same night very well. After half a dozen more injections and cleaning of his teeth, patient was completely cured and discharged.

Mr. S. aged 18 years—Complained of bleeding while cleaning of his teeth and occasionally while spitting. The very first injection stopped bleeding and after cleaning of his teeth and 2 more injections became alright.

Mr. S. M. A. R. aged 65 years, a Mirasdar-Diabetic. Rather short and stout with every highly inflamed gums as well as pus from gum sockets. Six injections stopped completely the bleeding, checked pus formation and lessened frequecy of urinating at night, improved disturbed sleep as well as his sores. He was however advised to fast once a fortnight, hoping that it will improve his general health and check diabetis melletis.

Dose 1 c.c. for Adults; for Children according to age.

For Particulars Send one anna stamp to:—

The Manager:—

S.S.P. Dental Pharmacy,

Phone 2424. **250, China Bazaar, MADRAS**

'Home & Homoeopathy'

(The only journal of its kind in India)

Published monthly and Edited by

Dr. N. M. CHOUDHURI, M. D.,

(THE WELL KNOWN HOMOEOPATH OF CALCUTTA)

Points to remember :—

Agencies over 300 towns in India. Huge circulation over India and abroad. No home should be without a copy

SPECIMEN COPY TWO ANNAS

To any part of the world

'Home & Homoeopathy'

contains practical notes, important Therapeutic hints, discoveries on new maladies, simple home treatment and various other articles of general interest affecting the Home.

Of special interest to Homoeopathic Practitioners

Correspondence invited by :—

THE MANAGING EDITOR,

"Home & Homoeopathy"

2, Middleton Row,

Calcutta.

JANOPAKARI

(The People's Friend)

The popular illustrated monthly magazine

Political— Topical— Stories

Prize competitions

First Saturday of each month As. 4.

BEST MEDIUM FOR ADVERTISER,

SUBSCRIPTION

Annual Rs. 3.

6 months Rs. 1-8

Send M. O. Janopakari

NUNGAMBAKAM : : MADRAS.

If you want to see your child grow into :—

Cheerful, Healthy and Intelligent Lad, Decent in life, Religious in spirit, Economical in habits, 'Noledge-loving, Sacrificing, and National, Enroll Wisely as a Subscriber to the

CHARMING, CHARACTER BUILDING, CHEAP CHILDREN'S NEWS ;

for Delay often Ends in Loss, Hardship and Indolence.

Subscription Rs. 2 a Year.

Foreign Rs. 3 or 4 Shillings.

Specimen copy can be obtained from

The Manager,

The Children's News,

EGERTON ROAD, DELHI.

DENTISTRY

1. "**Care of Teeth**" is essential to the maintenance of Health and Energy. Advice Free.

2. "**Preventive Dentistry**" is the only measure which offers hope for the future—by mass education with proper material to lecture,—Free

3. The Primary application of Preventive Dentistry must be to children especially young school children, Lantern Lectures–Free.

4. "**Curative Dentistry**", relatively expensive (because of the very limited dental specialists and high cost of Dental Goods) offer facilities to children and adults as follows :—

(a) Dental Service for 'Tooth-Ache,'—100 % success

(b) Dental Service to persons who undergo medical or surgical treatment ***i. e. cleaning*** and ***scraping of Teeth***—must be honest and thorough. ***Extraction of teeth***—must be "painless"

(c) Reparative work as filling of ***tooth cavities*** with ***cement silver, amalgam*** or ***gold***—success sure in early stages.

Mechanical Service—as supplying Artificial Teeth Plates—partial or full set in gold or Vulcanite, Crowns, Bridges etc.—Art Conceals Art. Hence to be built Anatomically with aesthetic and physiological consideration. "Cheap" means worthless in Dentistry.

For Particulars consult or send one anna Stamp to :—

Dr. H. Venkat Rao, L. M. & S.

Dental Surgeon & Editor,

"Good Health and Dental Welfare"

250, China Bazaar Road,

opp. Flower Bazaar Police Station, Madras.

197945